

OVER THE MOON—ROCK FORWARD, STAND UP

Getting out of a chair is difficult for many participants. This intermediate activity uses the ease of rolling a stability ball to initiate the momentum that helps a person rock forward and then stand up from a chair. The ball provides both movement initiation and balance support. The sensation of rolling forward and up provides a unique somatic learning experience.

Benefits »

- ◉ Mimics the forward and up sensation of getting up from a chair or doing one of our Teeter-Totter Chair Stands.
- ◉ Facilitates kinesthetic awareness and learning.

Set It Up »

Provide at least a small variety of stability balls. Bigger balls work best. It is easy to share the balls because the activity goes quickly.

How to Do It »

The goal is simply for each participant to experience a short little ride with the ball, forward and up. First, demonstrate and discuss how the activity looks. Then pick a volunteer to try it first so the others can see. Then invite them to try it.

The Start

- ◉ Participants sit on the edge of their chair, legs wide apart.
- ◉ Place the ball in front of them.
- ◉ They sit tall and place their hands on the ball. They are to keep their hands on the ball until just before they are ready to stand up.
- ◉ Remind them to keep their hands where they started.



The Moves

- ◉ Cue them that this will be done in one continuous movement. They will roll the ball forward and then stand up. The forward momentum of the first part of the roll will bring their hips up off the chair and over their feet. Then, when their hips are over their feet, it is easier for them to stand upright. When they are ready, have them give the first part of the sequence a try. Roll the ball forward until their hips rock up and off of the chair. Let them try it a few times first; then ask these kinds of questions:

- Do you notice a point during the roll where your hips start to leave the chair?
- Did the momentum help?
- Is it a bit similar to a chair stand?
- ◎ They return to the beginning position and repeat the movement, but this time, they roll forward and then stand all the way up. Ask these questions.
 - Did getting your hips over your feet make it easier to stand up?
 - Did the momentum help?
 - Did it surprise them how easily they rose from their chair?

Keep It Safe »

Not everyone will figure out this movement successfully. Some won't be able to get the *rise* out of rolling forward, and others may feel unbalanced rolling away from the edge of their chair. And it is possible to lose balance coming to a standing position. So stay close to your participant. Let participants decide for themselves what they are willing to do.

Live It »

Stability balls are great. Over the Moon and up to standing is such a nice experience!